

# CEC

**COMMUNITY & ENRICHMENT CENTER  
WEEKLY NEWSLETTER  
OCTOBER 15, 2021**

## **FALL SELF-CARE IDEAS**

To keep yourself from getting down during these shorter days with this list of self-care ideas that will get you through early sunsets and cooler temps.

## **FIT FUSION FREE ONLINE EVENT**

Fit Fusion is a high-energy blend of cardio, strengthening and stretching exercises.

## **RECIPE: HOMEMADE CHICKEN NOODLE SOUP**

Filled with chicken, carrots, celery, and loads of homemade noodles, this recipe is easier to make than you think!

## **WHAT'S HAPPENING?**

Find out what's happening at the CEC. Plus our September Meet and Eat Schedule





# FALL *Self-Care* IDEAS

- GO FOR A WALK
  - FIND A PILE OF LEAVES TO JUMP IN
  - MAKE A MEAL OUT OF FALL VEGETABLES
  - BUY YOUR FAVE HALLOWEEN TREATS
  - TREAT YOURSELF TO SOME NEW CLOTHES
  - TAKE A WEEKEND TRIP
  - BINGE-WATCH YOUR COMFORT SHOW
  - RE-READ YOUR FAVORITE BOOK
  - SLEEP FOR SEVEN TO NINE HOURS
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# SENIOR PLANET EVENT | FREE

# FIT FUSION



## Date & Time

Fit Fusion is a high-energy blend of cardio, strengthening and stretching exercises. Some movements will be done using a chair for support. Music will help you forget you're exercising! Grab a pair of light weights (dumbbells, water bottles or anything you have around the house!) and join us for this fun workout!

This class is offered on Monday and Wednesday as part of our Team Senior Planet program.

**Click or tap to join this class by Zoom:**

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

OR

Call in with a phone:

1-646-558-8656

Meeting ID: 170 361 931

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# homemade chicken noodle soup

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## ingredients

- 3 tablespoons salted butter
- 1 yellow onion diced
- 2 cups carrot chopped
- 2 cups celery chopped
- 3/4 pound boneless skinless chicken breasts
- 8 cups chicken stock
- 3 bay leaves
- salt & pepper to taste
- 1 teaspoon dried parsley flakes

for the homemade noodles:


- 1 egg
- 2 tablespoons cold water
- salt to taste
- 1 cup all purpose flour

## directions

1. In a large, heavy bottomed pot, melt butter over medium heat. Add in onion, carrot and celery. Cook 5-7 minutes or until veggies start to tenderize.
2. Add in chicken, chicken stock, bay leaves, salt, pepper and dried parsley flakes. Cover and bring to boil. Reduce heat to simmer and cook 20 minutes or until chicken is completely cooked.
3. While soup is cooking, make the homemade noodles: in a medium bowl, whisk egg, water and salt together. Slowly incorporate flour, first using a spoon and then switching to your hands. Knead until dough forms and becomes mostly smooth and moist, about 2 minutes. Set aside to rest 20 minutes.
4. Remove chicken and shred. Place back in pot.
5. Cut dough into two halves. Roll each half into 1/4 inch thick circles on floured board. Cut lengthwise into skinny strips and then across to create 1 1/2 inch noodles using a pizza cutter or sharp knife. Separate noodles and drop into simmering soup. Noodles will be cooked when they float.
6. Taste soup, adjust seasoning and serve hot.



# WHAT'S HAPPENING?

2021-2022  
YUMA PUBLIC LIBRARY  
  
**SMALL GROUP  
READING**  
FOR KINDERGARTEN THROUGH 6TH GRADES

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Tuesdays - Kindergarten & First Grade  
Thursdays - 2nd Grade through 6th Grade  
@ 3:30 following to YSD-1's schedule

## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)

## MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

## HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.






# MEET AND EAT OCTOBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
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Office 970-848-2277

OCTOBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>		 <p>Happy Halloween</p>	<p>SCALLOPED POTATOES &amp; HAM WINTER MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 721 Carb: 96.5g Fiber: 9.6g Protein: 32.8g Fat: 24.5g Sod: 1001mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTY MIX VEGETABLES ONION ROLL PINEAPPLE TIDBITS</p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>	<p>CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD w/ DRESSING FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ANNA'S DILLY BREAK BANANA SPLIT FRUIT CUP</p> <p>SENIOR MEETING ~ 12:00</p> <p>Calories: 667 Carb: 80.4g Fiber: 9.9g Protein: 44.7g Fat: 20.6g Sod: 742mg</p>	<p>HAM &amp; BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE w/ BANANAS APPLE GRANOLA COOKIES</p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p>ROAST BEEF MASHED POTATOES w/ GRAVY PEAS &amp; CARROTS OATMEAL ROLLS PEAR ORANGE FRUIT CUP BUTTERSCOTCH BROWIES</p> <p>Calories: 732 Carb: 107.3g Fiber: 10.3g Protein: 33.9g Fat: 20.9g Sod: 757mg</p>
<p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE DARK BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES</p> <p>Calories: 660 Carb: 104.5g Fiber: 10.6g Protein: 28.0g Fat: 16.8g Sod: 867mg</p>	<p>SWEET &amp; SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 712 Carb: 106.9g Fiber: 9.9g Protein: 32.0g Fat: 19.1g Sod: 481mg</p>	<p>BAKED FISH BAKED POTATO CAROLINA SALAD ANNA'S DILLY BREAD SLICED BANANAS</p> <p>Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg</p>	<p>SALISBURY STEAK MASHED POTATOES PEAS &amp; CARROTS ONION ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 745 Carb: 95.3g Fiber: 10.1g Protein: 43.6g Fat: 22.9g Sod: 739mg</p>
<p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p>SPAGHETTI w/ MEATSAUCE TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 672 Carb: 80.8g Fiber: 9.9g Protein: 36.9g Fat: 24.4g Sod: 620mg</p>	<p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p>TUNA PENNE CASSEROLE CABBAGE TOSS BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIES GRAPE JUICE</p> <p>Calories: 752 Carb: 118.9g Fiber: 11.6g Protein: 31.4g Fat: 20.6g Sod: 665mg</p>
<p>SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p>BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p>SMOTHERED PORK CHOP OVEN BROWNED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES &amp; BANANAS OATMEAL NUT COOKIE</p> <p>Calories: 815 Carb: 107.1g Fiber: 9.7g Protein: 39.9g Fat: 27.7g Sod: 620mg</p>	<p>TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p>CABBAGE BURGERS BROCCOLI SALAD OREGON BERRY COMPOTE APPLE GRANOLA COOKIE</p> <p>Calories: 650 Carb: 89.7g Fiber: 11.5g Protein: 29.3g Fat: 21.5g Sod: 534mg</p>